

# WINEHOUSE BEFORE THE BIG BEEHIVE

A NEW DOC SHOWS THE SINGER'S HAPPIER DAYS. PAGE 09

# metro

**BOSTON** No. 1 FREE DAILY IN THE US Tuesday, July 14, 2015 [www.metroboston.com](http://www.metroboston.com)



## Box o' Boston

PAGE 03



Roommates Elise Beck, left, and Michelle Wax founded Boston & Bale, a company that ships local products. / NICOLAUS CZARNECKI, METRO

## Son of BPD captain charged in terror plot

**Terrorism.** A 23-year-old Adams man was charged in connection with an ISIS-inspired terror plan that targeted colleges. Alexander Ciccolo allegedly planned to broadcast his attack live on the Internet. PAGE 02

**Multiple shootings over weekend**

PAGE 02

**Five under-the-radar surprise book sequels**

PAGE 08

**Red Sox stars aren't playing like stars**

PAGE 12



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# 1

## NEWS

Top 3

### The best of Metro.us

- 1 'It's time to socially crucify Philly Jesus'
- 2 'Danica Patrick nude pic surfaces (NSFW)'
- 3 'I see the lights! The 7 ways I now get Taylor Swift — I mean, really get her'



On the go

Want to read Metro on your mobile device? Get the app! All you have to do is search for Metro US in the App Store or Google Play to get all the latest in news, sports, lifestyle and entertainment for free.

# Police captain's son charged in alleged ISIS bomb plot

**Accused.** Alexander Ciccolo, 23, was arrested on July 4 for the unlawful receipt of multiple guns, investigators revealed.

The FBI nabbed the son of a Boston police captain on the Fourth of July, and charged him with plotting an Islamic State-inspired terrorist attack after he bought two pistols and two rifles from a confidential informant working with the Western Massachusetts Joint Terrorism Task Force.

According to an FBI affidavit, Alexander Ciccolo, 23, also known as Ali Al Amriki, was busted with a duffel bag filled with guns. He was banned from

buying guns after a previous criminal conviction. He is said to have told the informant about wanting to commit terrorist attacks involving IEDs like pressure cooker bombs like the ones used in the 2013 Boston Marathon attack "in places where large numbers of people congregate, like college cafeterias."

James Forest, the director of the Center for Terrorism and Security Studies at UMass Lowell told Metro in an email: "The reasons why individuals across the country have been drawn toward this kind of terrorist activity are much more complex and varied than a simplistic, 'I hope ISIS might notice me' nor are they often a result of 'legit contact with ISIS' but rather 'inspired by a jihadist ideology.'"

After his arrest, authorities said they found two machetes,



The FBI released this image of weapons. / FBI

a long, curved knife and a partially made Molotov cocktail with shredded Styrofoam soaking in motor oil. According to U.S. Attorney Carmen Ortiz's office, Ciccolo is an ISIS supporter and would have used the cock-

tail mixture to "cause the fire from the exploded device to stick to people's skin and make it harder to put the fire out."

On July 2, Ciccolo allegedly sent the witness the Facebook link for a bar in the state he planned to hit. The page highlighted a promotion celebrating the U.S. Supreme Court's decision upholding same-sex marriage rights.

"That is our target," he allegedly wrote. Later that same day Ciccolo cited another target as "a cafeteria at the college he had mentioned."

Prior to his arrest, agents observed Ciccolo buy a pressure cooker from the Walmart in North Adams on July 3, with the hopes of loading it up with black powder, nails, ball bearings and glass. He is said to have told the informant that he had already

### Quoted

**"The reasons why this ideology may resonate and motivate the actions of a young man are often directly related to that man's view of the world."**

James Forest

made 10 firebombs.

The FBI said that Ciccolo said he was inspired by the attacks at the April 2013 Boston Marathon, but Forest said that the ideologues of global jihadism celebrate innovation and ingenuity, not cypcats.

NATE HOMAN  
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### Case dismissed

## Charges dropped against man who wore bullet belt

Charges have been dropped against a Watertown man arrested Friday for boarding an



Allston bus while wearing a belt made out of fake bullets.

Kevin Young, 26, apparently inspired a ruckus on the bus when passengers

saw the look-alike bullets strapped to his waist and started calling police, fearing an impending attack, police said in a release.

Police stopped Young — who was also wearing "spiked fighting gloves" and spiky bracelets — at around 4:20 p.m. on Penniman Road, where officers learned the bullets, 69 in all, were not real.

Young was arraigned at Brighton Municipal Court on charges of unlawful possession of ammunition, unlawfully carried dangerous weapon and disorderly conduct. All charges were dropped. **METRO**

## Lynn. One shot, cop struck by vehicle in altercation



Police investigate the scene where a person was shot by police and crashed their car along Jefferson Street in Lynn on Monday. / NICOLAUS CZARNECKI, METRO

A person was shot and an officer was hit by a vehicle in a scuffle in Lynn on Monday.

The area of Jefferson Street in Lynn was closed to traffic Monday. A Metro photographer captured images of three vehicles badly damaged at the scene, among them a Ford SUV with a bullet hole through the top of its windshield and heavy front-end damage.

The nature of injuries sustained was not made public.

Neighbors said they heard gunshots Sunday night.

"Last night, I was over at my friend's house and we heard a bang," said Oscar Miranda, 16, who said he lives nearby. "At first I thought they were fireworks, but a few minutes later we heard three more and then could see the police down the street."

"The bullet went through my neighbor's house. The police were there and they looked for the shells but couldn't find any. They said they were going to come back [Monday] morning."

It was a violent weekend in the Boston area.

On Monday, Boston police said there were five nonfatal shootings and six nonfatal stabbings between Friday morning and Monday morning.

KEELA SWEENEY

# Boston & Bale offers the city in a box

## Special delivery.

Local company Boston & Bale ships area makers' snacks and crafts.

Everyone loves getting presents in the mail, and sourcing goods close to home is as hot a shopping trend as any these days.

Now a pair of Somerville entrepreneurs are combining the two, with their latest venture matching appreciators of all things crafty and tasty with Boston makers. It's Boston in a box, delivered to your front door.

For \$39 a month, the start-up offers a packaged mix of goods, from candles to chocolate to earrings to artisanal salt, offered up by a group of nine small businesses.

The idea, said Boston & Bale co-founder Michelle Wax, came during a bike ride in Cambridge and a chance

encounter with a farmers market.

"We found, on a tucked-away street, a farmers market we'd never even heard of and found lots of great items we wouldn't have found in our daily lives," Wax said.

This is a second entrepreneurial effort for Wax, who also runs a cookie company called Kitchen Millie. Expect to find some of her treats inside boxes, she said.

She preferred not to talk about the number of users, but production is on the super small side.

Wax and co-founder Elise Beck, who are also roommates, run the operation out of their Porter Square apartment.

But Wax said Boston & Bale is dreaming big, aiming to offer delivery services in other cities and hoping to move to a larger facility.

Wax and Beck are riding a wave of new stuff-in-a-box services around the country. Companies like BarkBox (for dogs), Birchbox (for cosmetics



Roommates and business partners Elise Beck, 26, left, and Michelle Wax, 24, run Boston & Bale out of their Porter Square apartment. / NICOLAUS CZARNECKI, METRO

## Quoted

"It's great exposure for us. I think people are starting to look more toward wanting local products, and Boston has got so many great food companies."

Pure7 Chocolate founder Carrie Rahl

aficionados) and NatureBox (for snackers) seem to have tapped into an urge consumers have for the goods boxed and assorted.

"Each month, it's like a gift to yourself," Wax said, who added she has signed up for a few similar companies' offerings. "I liked it because I didn't know what I'm getting and it's an element of surprise. That's what we're trying to convey as well."

Boston & Bale's version comes tailored to buyers' tastes and is packed with little cards that include information about the crafters and cooks featured in each installment — a way for indepen-

dent makers to connect with consumers on a more personal level and build a fan base.

It's a win-win for Boston-area small businesses, said local confectioner and company partner Pure7 Chocolate founder Carrie Rahl.

"It's great exposure for us," said Rahl, who is based in Carlisle and makes chocolates sweetened with honey. "I think people are starting to look more toward wanting local products, and Boston has got so many great food companies."

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## Porn police. Miami cop under investigation related to adult film past

An eight-year veteran Miami police officer is under investigation related to her past as a porn star.

Sabine Raymonvil, 30, who admitted to appearing in pornographic films before becoming a police officer, appeared in graphic films with a convicted rapist, the New York Daily News reports.

Raymonvil was featured in some clips with porn businessman Emerson Callum and cameraman Lavont Flanders — who was also a former police officer.

The two were convicted in 2012 of drugging and raping women who auditioned to be in their porn videos, according to Local 10. Both are serving life sentences.

Raymonvil told Local 10 she has not worked in the adult film industry since she became a police officer. She refused further comment,

noting the ongoing investigation.

According to IMDB, Raymonvil also appeared in two short films, "Aurora" and "Collapse."

There is no direct rule that forbids Miami police officers from working in the porn industry.

MEGAN FU, METRO



Raymonvil / YOUTUBE

### Executive committee

## Boy Scouts committee approves allowing gay adults to serve as leaders

The Boy Scouts of America Executive Committee unanimously approved allowing

gay adults to serve as leaders, officials said on Monday, a major step toward dismantling a policy that has caused deep rifts in the 105-year-old organization.

The group's National Executive Board will meet to ratify this resolution on Monday, July 27, the Boy Scouts said in a statement. REUTERS

# Hillary Clinton presents economic vision in NYC

## Proper pay. Presidential candidate Clinton emphasizes the need for fair wages.

Former secretary of state and current Democratic presidential candidate Hillary Clinton presented her economic plan in a talk Monday morning at the New School in New York City, emphasizing the need for fair wages and focusing on economic impacts that will have long-term growth to help working families.

"If you do your part, you will reap the rewards," Clinton said to cheers and applause. "We won't leave anyone behind."

Clinton entered the presidential race this spring, setting up her headquarters in Brooklyn Heights, New York. She gave her first campaign speech in June on Roosevelt Island.

"Over the past few months, I've heard Americans' concerns about an economy that's still not delivering for them — it's stacked for those at the top," Clinton said.

Clinton said increasing wages is pivotal for helping hard-working Americans to achieve a middle-class life.

"That will be my mission from the first day I'm the president to the last," Clinton said.



U.S. Democratic presidential hopeful Hillary Clinton poses for a selfie with a student outside the New School after speaking and outlining her economic vision in New York City. / GETTY IMAGES

### Quoted

"I believe we have to build a growth and fairness economy; you can't have one without the other." Clinton

Other key pledges included raising the minimum wage, supporting small business, universal pre-K, refinancing student debt, support for women in the workforce and Wall Street reforms. WENDY JOAN BIDDLECOMBE, METRO

### Wall Street

## Too big is still a big problem

Clinton said in her speech: "As we all know in the years before the crash, financial firms piled risk upon risk, and regulators in Washington either couldn't or wouldn't keep up."

She proposed encouraging firms to share profits with employees, and ensuring that stock buybacks are not used just for an immediate boost in share prices. She said she will

announce a plan to reform capital gains taxes to reward longer-term investments and not just quick trades.

Clinton hinted at tougher regulations to stem the serious risks she said were emerging from the shadow banking system of hedge funds, high-frequency traders and non-bank finance companies. She referred to them as "so many new kinds of entities which receive little oversight at all."

REUTERS

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# Greece faces tough conditions under new bailout deal



A man sits alone with his thoughts as protesters gather outside the Greek parliament to demonstrate against austerity. / GETTY IMAGES

**Europe.** If Greece's third bailout had failed, Athens would have been staring into an economic abyss.

Eurozone leaders made Greece surrender much of its sovereignty to outside supervision on Monday in return for agreeing to talks on an 86 billion euro bailout to keep the nearly bankrupt country in the single currency.

Just hours after the deal was settled in marathon all-night talks, doubts were already emerging about whether left-wing Prime Minister Alexis Tsipras would be able to hold his government together long

## Quoted

**"Either we are going to accept these draconian measures or it is the sudden death of our economy through the continuation of the closure of the banks. So it is an agreement that is practically forced upon us."**

George Katrougalos, Greece's reform minister, told BBC radio

enough to implement a bailout.

The terms imposed by international lenders led by Germany in talks at an emergency summit obliged Tsipras to abandon promises of ending austerity and could fracture his government and cause an outcry in Greece.

"Clearly the Europe of austerity has won," Greek Reform Minister George Katrougalos said.

"The agreement was labori-

ous, but it has been concluded. There is no Grexit," European Commission President Jean-Claude Juncker told a news conference after 17 hours of bargaining.

He dismissed suggestions that Tsipras had been humiliated even though the summit statement insisted repeatedly that Greece must now subject much of its public policy to prior agreement by bailout monitors.

REUTERS

## New Horizons probe finds Pluto is bigger than predicted



## Diameter

# 1,473

Scientists have learned that Pluto is bigger than thought, with a diameter of about 1,473 miles, some 50 miles wider than previous predictions.

NASA / JHUAPL / SWRI VIA GETTY IMAGES

## Military

**Pentagon expected to unveil plans to lift transgender ban**

The Pentagon is expected this week to announce plans aimed at lifting the ban on transgender individuals serving in the military, the Associated Press reported on Monday, citing senior U.S. officials.

REUTERS

# Painful Varicose Veins & Swollen Legs?



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# Five things you need to know

## Obama commutes 46 prison sentences, still shy of estimates

President Barack Obama reduced the prison sentences of 46 inmates on Monday, bringing the commutations he has granted to a total of 89, a number still far shy of the thousands his administration originally estimated it would make.

Obama has said reforming the complex U.S. criminal justice system to reduce the number of people serving long sentences for nonviolent drug crimes is one of the top priorities for his remaining time in office.

"Their punishments didn't fit the crimes," Obama said of those

whose sentences he commuted in a video statement on Monday.

Obama said he hoped to work with a bipartisan group of lawmakers on criminal justice reforms, but so far, legislative fixes have stalled in Congress.

With only 5 percent of the world's population, the United States accounts for about 25 percent of the world's prison population, according to the American Civil Liberties Union.

The Justice Department launched a program in April 2014 to systematically identify prisoners serving time for

crimes they were sentenced for under laws that have since been changed to carry less severe punishments. Traditionally, presidents have granted pardons or commutations on a one-off basis. **REUTERS**



## 'Heading' bans in soccer may not be enough to stop concussions

Outlawing "heading the ball" during soccer games may reduce the rate of concussions, but eliminating player-on-player contact would help more, suggests a new study.

The findings challenge recent calls to ban "heading," which is when players hit soccer balls with their heads, the study's lead author told Reuters Health.

"Intuitively, it sounds great," said Dawn Comstock of the Colorado School of Public Health at the University of Colorado Anschutz Medical Campus in Aurora. "It even has the word 'head' in it."

**REUTERS**

## Wisconsin Gov. Walker says he's running for president in 2016

Wisconsin Gov. Scott Walker announced on Monday he was joining the crowded Republican field seeking the White House in the November 2016 presidential election.

"America needs new, fresh leadership with big, bold ideas from outside of Washington to actually get things done," Walker said in a newly released video. "I am running for president to fight and win for the American people."

**REUTERS**



## Austin police officer placed on leave for fatal shooting

An Austin, Texas, police officer has been placed on administrative leave after fatally shooting a suspect who was trying to flee and appeared to be reaching for a weapon, police said.

Police said they had received a complaint that a man in his 60s had been stalking a woman.

"Officers instructed him to place his hands behind his back, at that point the suspect took off and fled running. As he is running, it can be seen on the officer's in-car camera that he is reaching into the back of his shorts, grabbing for an item," said Austin Assistant Police Chief Brian Manley.

**REUTERS**

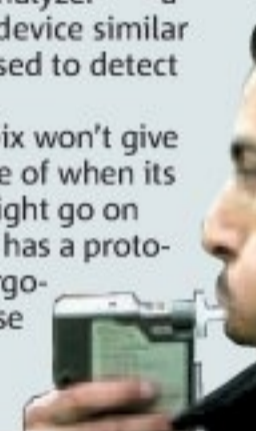
## Race on to develop 'pot Breathalyzer'

As cannabis bans are relaxed in more U.S. states, the race is on to develop an instant roadside Breathalyzer for police to test drivers who may be taking the "high" road.

Vancouver-based Cannabix Technologies Inc., founded by a retired Royal Canadian Mounted Police officer, expects to be first out of the gate with a "pot Breathalyzer" — a handheld device similar to those used to detect alcohol.

Cannabix won't give an estimate of when its product might go on sale, but it has a prototype undergoing in-house testing.

**REUTERS**



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## 50 Cent now in da bankruptcy club

Looks like there will be a lot fewer visits to the candy shop for 50 Cent. The "P.I.M.P." rapper filed for Chapter 11 bankruptcy protection Monday, according to The Wall Street Journal. Fiddy is apparently swamped by debts ranging from \$10 million to \$50 million, and it can only be assumed that at least \$5 million of that is related to his recent sex tape lawsuit, in which a jury ordered him to fork over exactly that much to a Florida woman who claims he humiliated her by posting an online video of the two in flagrante delicto.

In happier news, Fiddy celebrated his birthday last week with a lavish bash at Harrah's in Atlantic City. Here's to hoping he did, in fact, party like it was his birthday, because there's not a lot more for him to celebrate these days.



ALL PHOTOS GETTY IMAGES

## Bieber tries to undo butt-baring post

Sorry, Internet. Justin Bieber had a change of heart about flashing all of y'all. Five days after posting an Instagram of his bare tuchus that launched some pretty brilliant memes, Bieber deleted the photo and posted an apology along with a shot of him — from behind — fully dressed in trousers, a baggy jacket, a knitted cap and sunglasses. Basically a male pop star burqa. "Hey, I deleted the photo of my butt



JUSTINBIEBER, INSTAGRAM

on Instagram not because I thought it was bad but someone close to me's daughter follows me and she was embarrassed that she saw my butt and I totally wasn't thinking in that aspect," he wrote. "And I felt awful that she felt bad." But by that rationale, shouldn't he delete all the music he's ever made? Doesn't he feel awful that I felt bad, too? Because I definitely felt bad hearing "Baby."

## Daniel Radcliffe pleased to be named 'Rear of the Year'

Speaking of butts! First of all, there's an annual award in the U.K. celebrating the best in British bums that's been going on for nearly 40 years. This feels like knowledge we all should've had already, but there you go. Anyway, this year's winner? None other than "Harry Potter" star Daniel Radcliffe, who's no stranger to baring his derriere on stage

and in film since graduating from the kid-friendly wizarding franchise. "I've been campaigning for years," Radcliffe admitted to E! News at Comic-Con. "If you don't do it here in America, maybe my award counts kind of globally." Hehe, globally. He also offered a bit of an acceptance speech, promising to "get it out a lot more in the future." Cheers!



PBS, YOUTUBE

## 'Hunger Games' star calls out Kylie Jenner

I love the smell of teenage celebrity Instagram feuds in the morning. It smells like ... the future. So, in answer to the question we ask with surprising regularity — what did Kylie Jenner do this time? — this week it turns out to be, "Got cornrows." And another teenage famous-ish person — Amandla Stenberg, best known for dying tragically in the first "Hunger Games" movie — was not having it. Stenberg left this piquant comment on Jenner's Instagram post: "When you appropriate black features and culture but fail to use your position of power to help black Americans by directing attention toward your wigs instead of police brutality or racism," followed by the hashtag "white girls do it better." Ouch. The dig was enough to earn a response minutes later from



KYLIEJENNER, INSTAGRAM

Jenner: "Mad if I don't, mad if I do," she posted. "Go hang with Jaden or something." To be fair, I can understand why time spent with Jaden Smith would be considered punishment.

# 2

CULTURE

THE WORD

Ned Ehrbar takes on the world of gossip.

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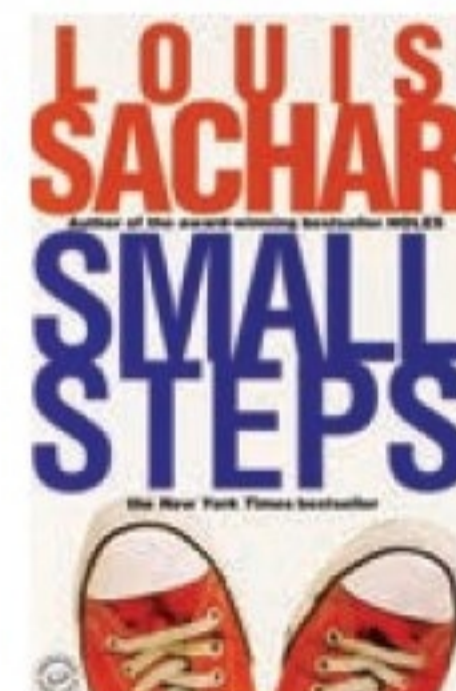
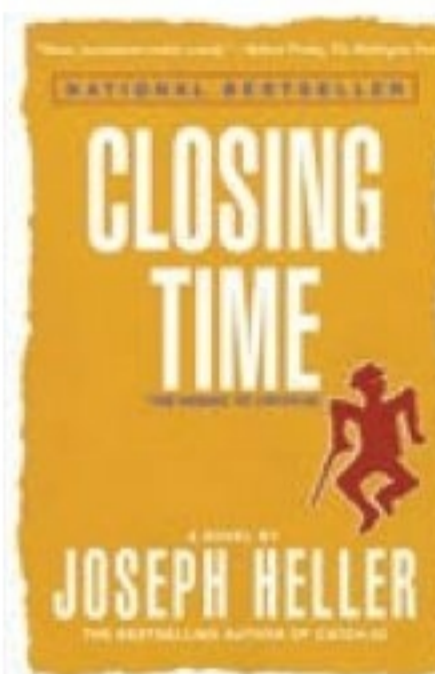
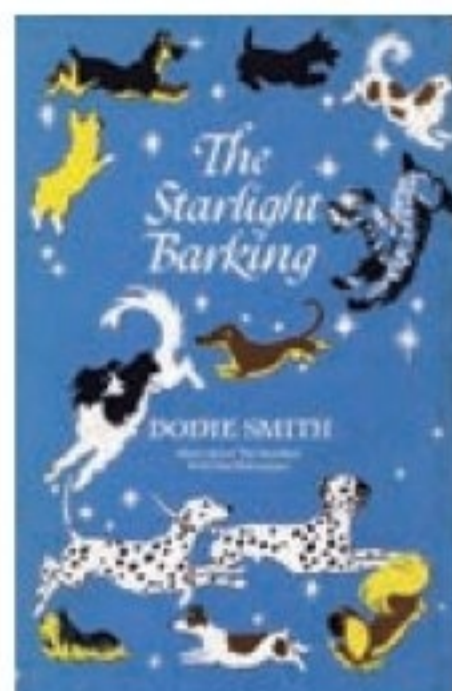
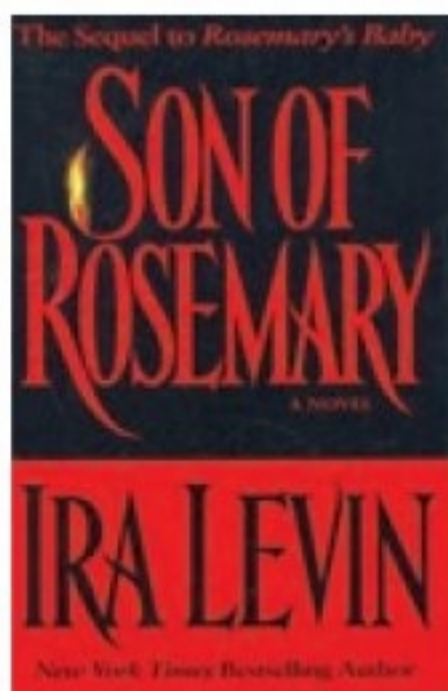
### Daily video

### About that new 'Sherlock' teaser

There truly was something for every kind of geek at Comic-Con, including die-hard Cumberbitches. The folks at PBS debuted a tantalizing glimpse into the upcoming "Sherlock" Christmas special that takes Holmes (Benedict

Cumberbatch), Watson (Martin Freeman) and Mrs. Hudson (Una Stubbs) and transports them back to the ace detective's Victorian origins. There are maddeningly few clues as to why they jumped away from modern times like that, but I don't really care. Even if it's some weird dream sequence, I wouldn't hate watching it.

# 5 Classic books you never knew had sequels



**Summer reading.** These old favorites don't end after the last page.

With Harper's Lee's "Go Set a Watchman" hitting shelves

today, you might wonder what other classics in American literature have also had their stories continued. From childhood favorites to canonical works, we've rounded up the sequels to five of the most popular reads of the last two centuries.

## 1 "Son of Rosemary" by Ira Levin Sequel to: "Rosemary's Baby"

**Year published:** 1997  
After 26 years in a coma, Rosemary awakens to find that her son Adrian is now an adult trying to do good in the world, despite his evil origins. But

of course, things aren't that simple.

## 2 "The Starlight Barking" by Dodie Smith Sequel to: "The Hundred and One Dalmatians"

**Year published:** 1967  
This sequel puts a sci-fi spin on the classic tale of an English

couple and their 101 dalmatians. Yes, seriously.

## 3 "Closing Time" by Joseph Heller Sequel to: "Catch-22"

**Year published:** 1995  
Fifty years after "Catch-22," "Closing Time" finds protagonist Yossarian as an old man at the end of his life in Manhattan. Readers can expect another stint in the hospital, Yossarian now working for Milo Minderbinder, Chaplain Tappan making an appearance, underground tunnels and the consistent theme of death in the characters' dialogues.

## 4 "Life at Plumfield with Jo's Boys, or Little Men" by Louisa May Alcott Sequel to: "Little Women"

**Year published:** 1871  
Set after the ending of "Little Women," "Little Men" follows second-eldest sister Jo and her husband Friedrich Bhaer as they run a school, mostly attended by young boys, at the

Plumfield Estate, left to Jo by her Aunt March. We're introduced to Plumfield's students, among them orphans, street youth, Jo's sons Rob and Teddy and members of the Bhaer family, and we follow their interactions with each other and the world over the course of six months.

## 5 "Small Steps" by Louis Sachar Sequel to: "Holes"

**Year published:** 2006  
This sequel follows the post-Camp Greenlake adventures of Theodore "Armpit" Johnson as he tries to turn his life around following a scam gone wrong with fellow Tent D mate Rex "X-Ray" Washburn. In between evading the ringleaders of the scam and trying to clear his name, Armpit deals with his romantic feelings for a pop star and the true intentions of her greedy manager.

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**Interview.** Director Asif Kapadia talks about how his documentary "Amy" made his friends cry.

Asif Kapadia didn't know much about Amy Winehouse before he made "Amy," the acclaimed new documentary about the late musician's life. In a way, that's a good thing: His film re-creates what it's like to discover her for the first time. What you see is not the drug-addicted megastar who became a fixture of tabloids and late-night one-liners. You see a funny, charismatic musical genius destroyed by a level of fame she never thought she could handle. And, just as in Kapadia's doc "Senna," you see it not through a traditional, expository Wikipedia-style movie but through an immersion in archival footage.

**It's striking, especially for Americans who didn't know her until she was a tabloid fixture, to see the young, bubbly Amy Winehouse.**

With Amy, the first thing that stood out in [manager Nick Shymanskyj's] footage was how funny she was and just comfortable, happy. I showed a really early cut to some friends, and they all cried in the beginning. They didn't particularly cry at the ending because they knew how it ended. Afterward, I asked why they were crying. They said,



Asif Kapadia  
GETTY IMAGES

# Showing the happy Amy Winehouse

Asif Kapadia's acclaimed new documentary "Amy" features footage of the younger, pre-fame and much sunnier Amy Winehouse. / A24

"Because we'd never seen her happy before."

All everyone remembers was her in the latter stages, and in the U.S., that's all you saw. She was not the same person after she became famous. We wanted to show her doing really simple, mundane, ordinary things, so you realize she was this ordinary, down-to-earth, down-the-road girl and not put her on a pedestal and turn her into a megastar. Once that happens, people become less human and easier to make fun of, easier to attack.

**There's an unusual amount of intimacy here, particularly because of the footage shot by people like Nick.**

What's interesting about Nick and her friend Lauren's material is it's really intimate.

It's also something to do with the cameras they're using. They're not cameraphones. They're home video cameras, so you have to hold them up to your eye. If you hold it up to your eye, and you're talking

to Amy, she's looking straight at us, into the lens. That's another level of intimacy. She's talking to the audience. We are the friend, we are Nick, we are Lauren, we are the husband, we are the paparazzi. We become all these people. The audience changes their point of view with Amy throughout the film.

**It's worth noting that people don't really use those kinds of cameras anymore. Today we all use our smartphones, and we may just self-document with Twitter or Instagram instead of filming it all.**

It's hard to imagine there was a life before the iPhone. This film is really recent, yet the footage was before the iPhone. And the footage has come from — I'll be honest — middle-class kids who had cameras at home. A lot of poor kids would not have cameras. They were able to film stuff because their parents had cameras. The interesting thing is, with that kind of stuff they filmed back then, you'd shoot it, you'd put it on a shelf, and you'd forget it. A bit of time

has to pass. What happens today is you shoot, and you go, "I don't like the way I look," and you delete it. It was a very different time from how people are filming now.



MATT PRIGGE  
@mattprigge  
matt.prigge@metro.us

## Another view

**With a little help from her friends**

It wasn't easy to convince Winehouse's friends and family to help out on "Amy." But Nick Shymanskyj, her manager, found himself eager to help Kapadia out. "I was surprised by how unpushy Asif was,"

Shymanskyj says. "Everyone who had tried to talk to me had been very pushy. I wasn't sure about it at first. I found that Asif wasn't looking for a hook — he wasn't trying to get something done quickly. I was given time to come round. By the time I got into a recording booth, I felt I had a relationship with Asif — that this was the most comfortable I was ever going to feel getting into a booth and talking about Amy."

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**Aries** A misunderstanding will cause hurt feelings. Be clear about what your intentions and expectations are so that there will be no regrettable mishaps.



**Taurus** Your competitive nature and sense of fun will make you a popular choice for any team. A friendly challenge will help keep everyone's spirits high.



**Gemini** If you have been pushing yourself too hard, your health will suffer. Slow down and treat yourself to a little fun.



**Cancer** Positive changes lie ahead. With determination, you will be able to handle emotional issues that have been holding you back.



**Leo** Gossip will surface if you are extravagant or flamboyant. Use your energy wisely and plan to enjoy unusual events.



**Virgo** Your contribution to a worthy cause will lead to an enlightening encounter. Friends you make will have a profound influence on your future.



**Libra** Make sure you do your homework. Until you have all the facts in place, you are likely to overreact. Ask pertinent questions.



**Scorpio** You may be bored with what's going on around you. Take a trip or join a group that deals with historical, religious or philosophical topics.



**Sagittarius** Your intuitive insight will lead to financial gains. Invest wisely and seek the help of those in the know to help you make the right choices.



**Capricorn** Your sensitive nature will cause you to worry excessively about other people's problems. Offer sympathy, but don't feel that you have to pay.



**Aquarius** Poor diet or lack of sleep will sap your energy. If you look after your health, you will be able to rise to any challenge.



**Pisces** A passionate evening will develop if you get together with someone who shares your interests. **EUGENIA LAST**



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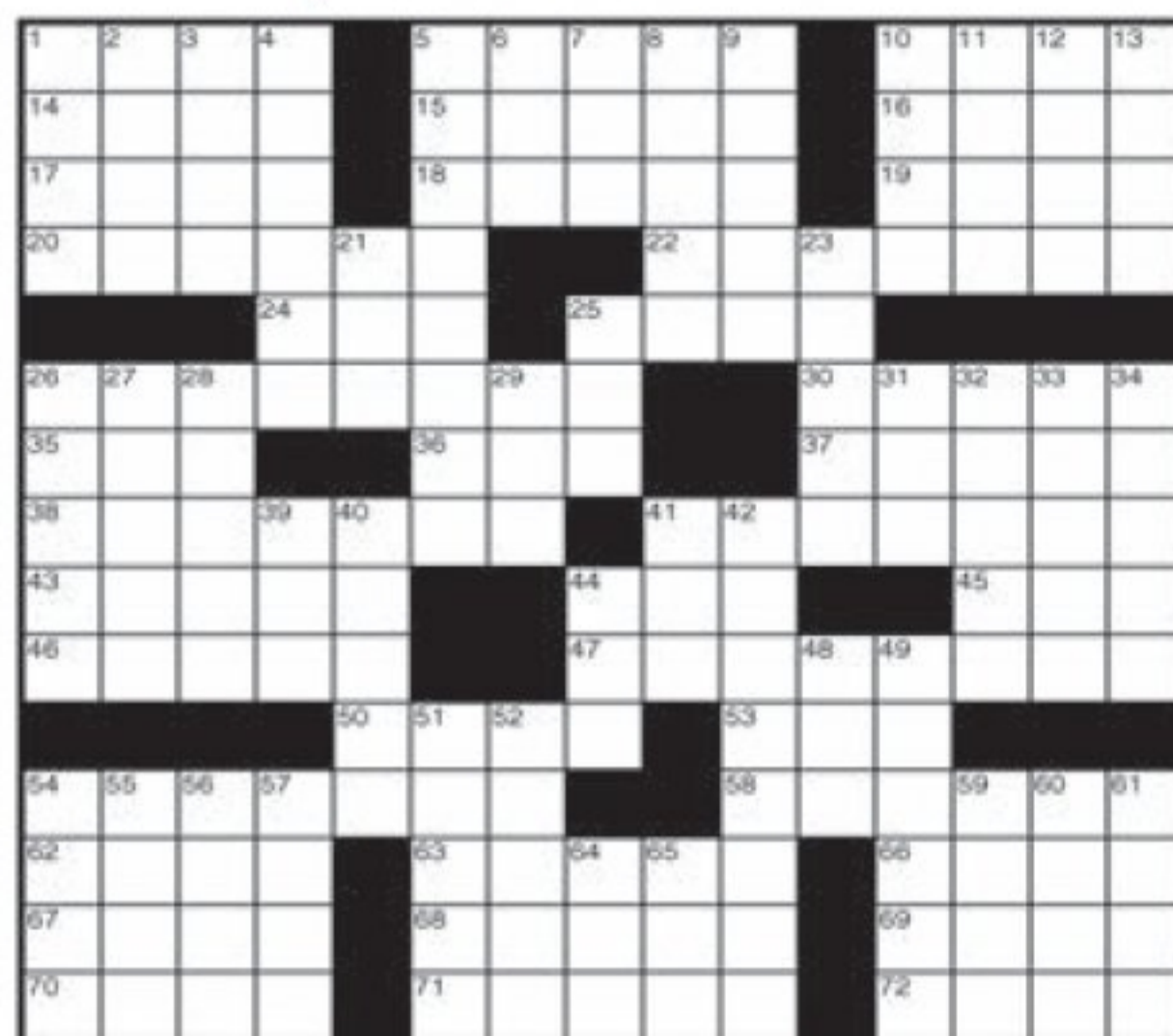
easy

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hard

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## metro.us/crossword



## Across

1 "Puppy Love" singer  
5 Mirror ball milieu  
10 Summer-camp site  
14 Give a little  
15 Sky hunter  
16 QB — Kramer  
17 Kuwaiti leader  
18 Fixes leftovers  
19 Shade of green  
20 Liquid cosmetic  
22 Deplores  
24 — chance  
25 Pinch  
26 Wrecker (2 wds.)  
30 Bottled spirits?  
35 Vocalist — Sumac  
36 Beluga delicacy  
37 PC screen images  
38 Gandhi and Nehru  
41 Goes with  
43 Brother's girl

44 Homer Simpson's outburst  
45 Play about Capote  
46 Some are inert  
47 Kind of hare  
50 Depose  
53 Suffix for forfeit  
54 Cousteau's ship  
58 Wildcats  
62 Hula-dance feast  
63 Pistol-packing  
66 Tijuana Ms.  
67 Olfactory stimulation  
68 Formation fliers  
69 Accrue interest  
70 Main point  
71 Goof  
72 Changed color

## Down

1 Explorer — Tasman

2 "Nautilus" skipper  
3 Make a sweater  
4 Free-floating  
5 Wall Street woe  
6 Retiree's kitty  
7 Polite word  
8 Dance band  
9 First sign  
10 Late-night Jay  
11 Diva's rendition  
12 Brick baker  
13 Is more than thrifty  
21 Dinghy's need  
23 Hocus-pocus  
25 Mamie's man  
26 Binding  
27 "— vincit amor"  
28 Crosses the creek  
29 IBM and GE  
31 Kind of system  
32 Up, on a map  
33 Opening remarks

34 Gush forth  
39 Clinch a deal  
40 "The Fox and the Grapes" fabulist  
41 Long, long time  
42 Take upon oneself  
44 Summer hrs.  
48 Dryly humorous  
49 Picked up on  
51 Custom  
52 More achy  
54 Drain problem  
55 BMW rival  
56 Vietnam neighbor  
57 Mongol dwelling  
59 Fracture finder (hyph.)  
60 Raison d' —  
61 Glass ingredient  
64 Mal de —  
65 That, in Madrid

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Which Michael Jackson Song Are You?



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wellbeing

# Shining the light on *sunscreen*

## How much SPF is enough?

Historically, it's been said that anything higher than SPF 15 isn't really making much of a difference. But Engelman says that reaching for a higher SPF isn't a bad idea.

"According to the American Academy of Dermatology, SPF 15 is inadequate," she says. "We recommend wearing a minimum of SPF 30 or higher."

Why? According to Engelman, the majority of us don't actually wear the amount of sunscreen that's worn during studies with test subjects. "They usually are using boatloads more than what most humans are going to apply," she says.

How much more? Engelman says that to get the full SPF protection on the label, you'd have to use enough sunscreen to fill up a shot glass. So applying a normal amount of SPF 50, for example, is realistically only equivalent to an SPF 25 level of protection.

MAKE HEALTHY YOUR NEW HAPPY

What you don't know about staying protected in the sun.

MARIANNE HAYES  
@MetroBOS  
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Ever try to make sense of a sunscreen label? Unless you're a chemistry major, the ingredients leave most of us dumbfounded.

Now that summer is in full force, selecting the best sunblock for your outdoor activities is key to protecting your skin from sun damage. We checked in with Dr. Dendy Engelman of Manhattan Dermatology & Cosmetic Surgery about choosing the right formula for you.

## What are my options?

Sunscreen falls into two categories: chemical blockers and physical blockers. Chemical blockers are ones that require a chemical reaction to occur before they can actually be effective.

"These are the sunscreens that, when you look at the label, have ingredients that sound significantly chemical-y and have very long names," says Engelman, adding that chemical blockers are considered

safe for everyday use. "They go on very smoothly and are very transparent, so a lot of people like these."

But if it's strength you're after, physical blockers are superior. Unlike chemical-based varieties, these types of sunscreen sit on the surface of the skin to block the sun's dangerous effects. When scanning labels, look for elements like titanium dioxide and zinc oxide.

"It's a really important distinction to make because physical blockers are more effective," says Engelman.

So why isn't everyone using physical blockers? According to Engelman, it all goes back to the old stereotype of the lifeguard on the beach with the white nose.

"The truth is that physical blockers do leave a little bit of a white sheen, even in the most micronized of particles," she says. "But more and more [researchers] are doing

a beautiful job of reformulating the particle size so that it doesn't make you look completely white."

## Try babying your skin

Looking for a gentle brand that still offers serious sun protection? Engelman advises her patients to baby their skin — literally.

"A lot of the baby versions of sunscreens are great, like Neutrogena's Pure & Free Baby and Blue Lizard's baby versions," she says. "If you're in the aisle at the drugstore and feeling overwhelmed, look at the baby versions. They tend to be more of the physical blockers and are great."

## Reapplying is key

Once women have applied their makeup, most of them don't want to reapply sunscreen throughout the day. Engelman suggests powder blockers, many of which come in a variety of shades to match your skin tone.

Simply dust it on and go. "These are amazing," she says. "You can keep them in your purse — travel with them. You just shake the powder onto the brush and apply it. It's perfect because it's not greasy, but it still protects your skin."



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# 3

## SPORTS



NCAA

### FSU players banned from bars

Facing mounting pressure to do something (anything) to prevent his players from further harming themselves and others, Florida State head football coach Jimbo Fisher will not allow his players to go out to bars and locations that serve alcohol, according to the Tallahassee Democrat.

This offseason, two Florida State players have been arrested and charged with misdemeanor battery for allegedly punching women. The FSU football program had already been under a microscope after former quarterback Jameis Winston was accused of sexual assault.



Visit **Metro.us** to see what Mark Cuban had to say about an ESPN reporter.

# 3 Sox players who need to step it up after break

**MLB.** Rick Porcello, Hanley Ramirez and David Ortiz need to get hot soon.

It was far from the greatest first half for the Red Sox but all things considered, it could have been a lot worse. With how bunched the American League East is, every team is still in the mix and has a shot at the division.

The Red Sox have shown signs in each aspect of the game of playing well but they just haven't been able to put it all together at once. It seems for an extended period this year the team has had each one of their major pieces struggle.

For the team to be successful moving forward, they will need to have better performances from a number of their key players.

Here are three players, in particular, who need to have strong second halves if the Red Sox are to entertain getting involved in a pennant race.

## 1 Rick Porcello

This one is fairly obvious as the Red Sox' "No. 2" starter hasn't even come close to what many expected going into the season. His 5.90 ERA ranks as one of the worst in the American League from a starter. His win over the Miami Marlins last week was his first vic-



Hanley Ramirez needs to hit better with runners in scoring position in the second half. / GETTY IMAGES

tory since May 16. With the lack of stability in the rotation, the team needs Porcello to rise to the occasion and pitch like he did last season with the Tigers. One of the biggest issues for Porcello has been his inability to have shutdown innings as seemingly every time the Red Sox score runs for him, he gives them back the next inning.

## 2 Hanley Ramirez

As has been said by seemingly everyone in the organization, Ramirez is a work in progress in left field. To his credit, he has gotten better but still he has a long way to go, especially at Fenway. At the plate, Ramirez is hitting right around .270, but the RBIs aren't where many expected going into the season. It was expected he would have

around 60 at the All-Star break, not 46.

## 3 David Ortiz

Ortiz struggled a great deal against left-handers in the first half and overall he's hitting just .231. Perhaps age is finally catching up to the 39-year-old. For the Red Sox to make any type of run in the second half, they will obviously need Ortiz to perform. One of the biggest

issues for Ortiz this season has been his struggles with runners in scoring position. With the success of Mookie Betts, Brock Holt and Xander Bogaerts in front of him in the lineup, he's had plenty of chances to drive in runs, but he hasn't produced.

RYAN HANNABLE  
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MLB

## The stars will be present in Cincy tonight

The National League remains in the lead in the all-time MLB All-Star game series, owning a 43-40 advantage. But the American League has been doing some serious damage since the beginning of this Century and, more specifically, since the new rule that the winning league of each year's Midsummer Classic would earn homefield advantage in that year's World Series.

The junior circuit won

seven games in a row from 2003-2009. The NL bounced back with three consecutive wins from 2010-12 before the AL won in each of the last two years. So since the homefield advantage rule was implemented, the American League has hosted nine World Series' while the National League has hosted just three times.

Cincinnati's Great American Ball Park will host the 86th MLB All-Star game Tuesday (7:30 p.m., Fox), with Houston's Dallas Keuchel (11-4, 2.23 ERA) getting the start for the AL and the Dodgers' Zack Greinke (8-2, 1.39 ERA)



The Angels' Mike Trout and Albert Pujols highlight the AL lineup. / GETTY IMAGES

getting the nod for the NL.

Multiple Royals (Lorenzo Cain, Salvador Perez, Alcides Escobar) and a pair of Angels (Mike Trout, Albert Pujols) will be in Ned Yost's AL starting lineup while Bruce Bochy's NL lineup is a little more diverse. Washington's Bryce Harper will hit out of the three-hole with Arizona's Paul Goldschmidt hitting cleanup.

Last year's 5-3 AL victory at Target Field in Minnesota had some controversy as St. Louis pitcher Adam Wainwright admitted that he gave the retiring Derek Jeter some easy pitches to hit. **MATT BURKE**

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| Unit | C027 | Meshell Whyte     | Boxes, Bags, Totes |
| Unit | E035 | Tamara Smith      | Boxes, Bags, Totes |
| Unit | H007 | Seonghoon Lee     | Boxes, Bags, Totes |
| Unit | H026 | Jake Bennett      | Boxes, Bags, Totes |
| Unit | I008 | Angelo Paul       | Boxes, Bags, Totes |
| Unit | J014 | Anthony Rivers    | Boxes, Bags, Totes |
| Unit | J038 | Jason Sanon       | Boxes, Bags, Totes |
| Unit | K006 | Barbara Johnson   | Boxes, Bags, Totes |
| Unit | K028 | Sarah Panaro      | Boxes, Bags, Totes |
| Unit | K039 | Vere Jessamy      | Boxes, Bags, Totes |
| Unit | M006 | Christopher McGue | Boxes, Bags, Totes |

PURCHASES MUST BE MADE AT TIME OF SALE WITH CASH ONLY. ALL GOODS SOLD "AS IS" and must be removed at time of sale. PS ORANGE CO, INC. reserves the right to withdraw units from sale and to cancel auction without further notice. Kemilyn Ross, agent for owners. Notice posted July 14th and July 21th 2015.

#### PS ORANGE CO, INC. NOTICE OF PUBLIC AUCTION

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC AUCTION BY COMPETITIVE BIDDING at 9:00 am on 07/29/2015 at PS ORANGE CO, INC., 2030 Main St. Brockton, MA 02301. The personal goods stored therein by the below named occupant (s):

|      |      |                          |                    |
|------|------|--------------------------|--------------------|
| Unit | A010 | Ludymira Lobo-Vieira     | Boxes, Bags, Totes |
| Unit | A022 | Marilyn Dejesus          | Boxes, Bags, Totes |
| Unit | A038 | Ann Hicks                | Boxes, Bags, Totes |
| Unit | B042 | Darcee Soule             | Boxes, Bags, Totes |
| Unit | B050 | Sheena Pires             | Boxes, Bags, Totes |
| Unit | B052 | Daniel Zinck             | Boxes, Bags, Totes |
| Unit | C130 | Vania Fernandes          | Boxes, Bags, Totes |
| Unit | C140 | Richard Coleman          | Boxes, Bags, Totes |
| Unit | C143 | Kerry Durso              | Boxes, Bags, Totes |
| Unit | C144 | John Bouffard            | Boxes, Bags, Totes |
| Unit | C167 | Marrk Harris             | Boxes, Bags, Totes |
| Unit | C200 | Boubacar Kourouma        | Boxes, Bags, Totes |
| Unit | C221 | Joel Reeves              | Boxes, Bags, Totes |
| Unit | D240 | Justin Hansen            | Boxes, Bags, Totes |
| Unit | D241 | Maureen Phamuel          | Boxes, Bags, Totes |
| Unit | D242 | Patricia McGrath-Higgins | Boxes, Bags, Totes |
| Unit | D281 | Michael Siciliano        | Boxes, Bags, Totes |
| Unit | D303 | William Lanoix           | Boxes, Bags, Totes |
| Unit | E386 | Beverly Aka              | Boxes, Bags, Totes |

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#### PS ORANGE CO, INC. NOTICE OF PUBLIC AUCTION

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC AUCTION BY COMPETITIVE BIDDING at 9:00 am on 07/29/2015 at PS ORANGE CO, INC., 806 North Street, Randolph, MA 02368. The personal goods stored therein by the below named occupant (s):

|      |     |                    |                    |
|------|-----|--------------------|--------------------|
| Unit | 160 | Andrew Butz        | Boxes, Bags, Totes |
| Unit | 177 | Olga Davis         | Boxes, Bags, Totes |
| Unit | 191 | Marian Bynoe       | Boxes, Bags, Totes |
| Unit | 209 | Jason Williams     | Boxes, Bags, Totes |
| Unit | 235 | Staci Banks-Santos | Boxes, Bags, Totes |
| Unit | 237 | Lawrence Baiona    | Boxes, Bags, Totes |
| Unit | 311 | Jonathan Vilsaint  | Boxes, Bags, Totes |
| Unit | 408 | Sherry Spicer      | Boxes, Bags, Totes |
| Unit | 628 | Carl Donaldson     | Boxes, Bags, Totes |
| Unit | 729 | Jacqueline Reuss   | Boxes, Bags, Totes |
| Unit | 754 | William Brosnan    | Boxes, Bags, Totes |
| Unit | 756 | Jacqueline Reuss   | Boxes, Bags, Totes |
| Unit | 761 | Maria Sullivan     | Boxes, Bags, Totes |

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#### PS ORANGE CO, INC. NOTICE OF PUBLIC AUCTION

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC AUCTION BY COMPETITIVE BIDDING at 9:00 am on 07/29/2015 at PS ORANGE CO, INC., 1470 Main St. Weymouth, MA 02190. The personal goods stored therein by the below named occupant (s):

|      |       |                   |                    |
|------|-------|-------------------|--------------------|
| Unit | A1005 | William Perekslis | Boxes, Bags, Totes |
| Unit | A1068 | Brian O'Meara     | Boxes, Bags, Totes |
| Unit | A2031 | Timothy Hyland    | Boxes, Bags, Totes |
| Unit | A2164 | Brenda James      | Boxes, Bags, Totes |
| Unit | A3057 | Louise Campanale  | Boxes, Bags, Totes |
| Unit | A3083 | Michelle McArthur | Boxes, Bags, Totes |
| Unit | A3086 | Aaron Lewis       | Boxes, Bags, Totes |
| Unit | A3128 | Anne Mac Donald   | Boxes, Bags, Totes |
| Unit | A3166 | Neil Ratna        | Boxes, Bags, Totes |

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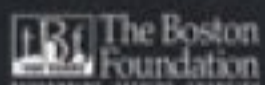
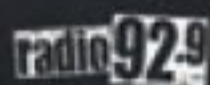
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